

Caring Connections

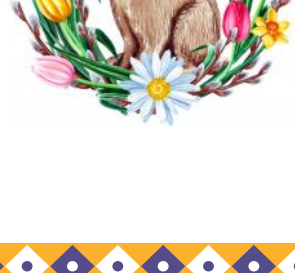


Volume 2, Issue 4
April 2021

No Foolin'—I'm Glad It's April!

Like the buds on a flower, life is opening up as more people are getting vaccinated. The Ellicott City 50+ Fitness Center will be re-opening by appointment on April 19, so that gives me hope that our center might not be far behind—we'll keep you posted! In the meantime, we can continue to connect online every Monday with our Connections chat, Tuesdays with Connections Corner, and the second Thursday of each month with Music and Memories; see below for links to all of those programs. Be sure to balance your online time with some outdoor opportunities—take a walk in the April sunshine, count the robins in your yard, notice the daffodils and hyacinths peeking out and saying hello.

Wishing you an amazing April,
Felicia Stein, *Director, Ellicott City Connections*



[Connections Staff]

Felicia Stein, Director, COTA/L
410-313-1425
fstein@howardcountymd.gov

Joyce Nagel-Mortell,
Assistant Director
410-313-1426
jnagel@howardcountymd.gov

Jill Rose, Program Assistant
jrose@howardcountymd.gov

Important health news: Stay up-to-date on all the latest COVID-19 information

in Howard County, including how to sign up for the vaccine, by visiting

<https://www.howardcountymd.gov/Departments/COVID-19-Coronavirus-Countywide-Updates>.

Or, call 410-313-6284 or [email HoCovaccine@howardcountymd.gov](mailto:HoCovaccine@howardcountymd.gov).

April Birthdays

In astrology, those born from April 1–19 are Rams of Aries, the first sign of the zodiac. Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, they are both eager to get the job done and unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable.

Happy Birthday to Connections' members Doris, Agnes, Charlotte and Ines!

Famous April Birthdays:

Marvin Gaye (singer) – April 2, 1939
Eddie Murphy (comedian) – April 3, 1961
Sterling K. Brown (actor) – April 5, 1976
Jackie Chan (actor) – April 7, 1954
Al Green (singer) – April 13, 1946
Julie Christie (actress) – April 14, 1940
Charlotte Brontë (writer) – April 21, 1816
Barbra Streisand (entertainer) – April 24, 1942
Ella Fitzgerald (singer) – April 25, 1917
Willie Nelson (musician) – April 29, 1933

Celebrating April (click links to learn more)

[Card and Letter Writing Month](#)

[Poetry Month](#)

[Jazz Appreciation Month](#)

[April Fools' Day](#)

[April 1](#)

[Easter](#)

[April 4](#)

[Earth Day](#)

[April 22](#)

Spring Into Our April Offerings



Just a reminder to check out our April selection of programs featuring Connections staff Felicia, Joyce and Jill. Make some new friends, enjoy some music and learn some new skills!

- **Connections Conversation**—Mondays, 9:30 am
Join us for a time to connect and share what's on our minds. Just need to hear another voice? We are here for you. Click link below to join:
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfd825a8761f43cbbd5208f91f0213d5>
Meeting number: 157 582 5504 Password: hoCo50+
- **Connections Corner**—Tuesdays, 11 am
Join the Social Day Program Staff for a fun and engaging, 45-minute, virtual program. While open to all, it is designed for persons who may need additional support due to cognitive or physical impairments. Weekly program consists of trivia games, exercise, music, bingo, and more, designed specifically for this population. A caregiver may need to be available to provide computer assistance. Questions? Contact 410-313-5442 (voice/relay). Click link below to join:
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdda70b57cd9fa35cddb14186f9331971>
Meeting number: 157 074 9259 Password: hoCo50+
- **Music and Memories**—Thursday, April 8, 11am
Listening to music can benefit your overall well-being, help regulate emotions, create happiness and relaxation in everyday life. Join singer and guitarist Mary Ann McAllister for a fun and engaging live music program. Mary Ann picked up her first guitar and started playing at a very young age and hasn't put it down since! **Presented by Mary Ann McAllister and hosted by the Connections Day Staff.** Click link below to join:
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6aa9ba0fcd239566980c955d1819c02f>
Meeting # 172 621 2516 Password: hoCo50+
- **Artist Trading Card (ATC) Series & Swap Class 3**—Monday, April 19, 11am
Join us for the final installment of our ATC art series and swap. In this class we'll share and highlight some of the pieces that were submitted, discuss what we've learned, and share ideas on how to continue the fun! For any questions please email Regina at rjoffe@howardcountymd.gov or Joyce at jnagel@howardcountymd.gov. **Presented by Regina Joffe and Joyce Nagel.** Click link below to join:
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m337fdcc47ca34bcf06f4bd79d8ad2fe4>
Meeting #157 059 0041 Password: hoCo50+
- **It's Easy Being Green: Foods for a Healthier Planet**—Tuesday, April 13, 1pm
Earth Day is April 22. Since 1970, it has grown into a global event recognized by over 192 countries. Celebrate with Jill as she demonstrates some "green" recipes showcasing sustainable, plant-friendly foods that will make both you and the planet healthier. **Presented by Jill Rose.** Click link below to join:
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8ffd4cc6e5587973abb6aba537d4af4a>
Meeting #157 517 9175 Password: hoCo50+
- **Chocolate Chip Cookie Bake-Off**—Wednesday, April 21, 2pm
The popular chocolate chip cookie can be made in a variety of ways with many different ingredient combinations. During this cooking demo we are going to compare the famous Toll House chocolate chip cookie recipe with a recipe for vegan chocolate chip cookies. **Presented by Intergenerational Volunteer Josie Stubs and Felicia Stein.** Click link below to join:
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8f66a85561aeeaf640f4f7f89283718e>
Meeting #157 125 6770 Password: hoCo50+

SAVE THE DATE!

Saturday, April 10 • 10:00am – 3:00pm

Howard Community College

HCGreenfest.org



Native Plant Sale • Shredding
Rain Barrel Giveaway • Compost Bin Giveaway
Virtual Workshops & Activities @ HCGreenFest.org

Fools' Gold



In honor of April Fools' Day, enjoy and discuss these quotes about fools. Which are your favorites and what do they mean?

- Lord, what fools these mortals be. ~ William Shakespeare
- Wise men talk because they have something to say; fools talk because they have to say something. ~ Plato
- Young men think old men fools, and old men know young men to be so. ~ Author Unknown
- A mother takes 20 years to make a man of her boy, and another woman makes a fool of him in 20 minutes. ~ Robert Frost
- I have great faith in fools—self-confidence, my friends call it. ~ Edgar Allan Poe
- Real friends are those who, when you feel you've made a fool of yourself, don't feel you've done a permanent job. ~ Author Unknown
- Let us be thankful for the fools. But for them the rest of us could not

succeed. ~ Mark Twain

- A fool must now and then be right by chance. ~ William Cowper (English poet; 1731–1800)
- Fool me once, shame on you; fool me twice, shame on me. ~ Chinese Proverb
- It's better to keep your mouth shut and be thought a fool than to open it and leave no doubt. ~ Mark Twain
- However big the fool, there is always a bigger fool to admire him. ~ Nicolas Boileau-Despréaux (French poet and critic; 1636–1711)

Don't "Pass Over" This Fun Craft!

Passover ends April 4, so while there's still time to celebrate, challenge your and your loved ones' sensory skills by building (and then eating!) this matzo house together.

What You'll Need:

- 4 sheets of matzo (and a few extra in case of breakage)
- chocolate hazelnut spread
- resealable sandwich bag and rubber band (to make a piping bag)
- chocolate chips (for doorknobs)
- sliced almonds (for roof tiles)
- shredded coconut (for a pathway, optional)

How to:

- With a serrated knife, gently saw the following four sized pieces of matzo: Two 4-by-5-inch rectangles (these will be the sides of the house), two 4-by-6-inch rectangles (these will be the front and back pieces), and two 3 1/2-by-5-inch rectangles (these will be the roof pieces). Make a peaked roof by sawing off the corners from the front and back pieces.
- Pipe chocolate hazelnut spread along all edges of front and back pieces. Place front piece on piece of scrap cardboard or an upside-down paper plate; use a small object, such as a spice jar, to hold it upright. Then, pipe the spread onto the top and bottom edges of a side piece and adhere it to one side of the house. Remove the spice jar, and adhere other pieces with chocolate hazelnut spread.
- Place roof pieces and pipe chocolate hazelnut spread where they meet at the top. Using the serrated knife, cut out windows and doors. Adhere to house with chocolate hazelnut spread; pipe on window panes and other details, like a chocolate chip doorknob. Decorate the roof with sliced almonds "shingles," and make a walkway with matzo scraps and/or shredded coconut (dotted with almonds).



*Oh, how fresh the wind is blowing!
See! The sky is bright and clear,
Oh, how green the grass is growing!
April! April! Are you here?*

—Dora R. Goodale

